

MOTION BY SUPERVISOR YVONNE B. BURKE

March 29, 2005

The Los Angeles County Department of Parks and Recreation has recognized and responded to the epidemic problem of childhood overweight issues and adult obesity by establishing a pilot Healthy Parks Program to educate children and families how obesity can lead to heart disease, diabetes, cancer death and overall chronic diseases.

This effort has proven so successful that the program has been expanded to all County parks by including a healthy component to all park activities and programs through health and wellness, nutrition and physical fitness education. An environment conducive to the health of children leads to better school attendance, improved behavior, lower incident of illness and increased attention, creativity and academic achievement.

As health and nutrition education and physical fitness are essential to all members of the family, with research confirming that prevention programs offer significant benefit to the populations at large, and with the many park facilities throughout Los Angeles County that can be used to provide the programs that help with this essential public education through the implementation of fun physical fitness programs,

I, THEREFORE, MOVE that this Board proclaim April as “Healthy Parks Month” in the County of Los Angeles, and that the incorporated cities in Los Angeles County

-M-O-R-E-

MOTION

BURKE _____

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and other concerned non-profit agencies be urged to participate in this countywide effort; and **I FURTHER MOVE** that all residents be encouraged to attend activities that will be scheduled in April and throughout the remainder of the year at parks throughout the County in a concerted effort to turn around the obesity epidemic that is so harmful to the physical and mental health of our citizens.

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YBB:DL:nra\2005\ 032905 Health Parks motion